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Bangalore Mirror

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RED FLAG

Centre's response that tunnel road project doesn't need environmental clearance shows authorities not bothered about impact of infra projects, say environmentalists

PAGE 4

PARTY RESPONSIBLY

Citizens urged to cooperate as police deploy additional patrolling teams, emergency response units and support systems across city to ensure public safety during NYE celebrations

PAGE 5

Multi-dwelling buildings in city turning out to be 'blind spot' in waste management system as owners often not on premises, tenants send out unsegregated trash and collectors refuse to pick it

MURKY PROBLEM, SIMPLE SOLUTION

Experts suggests each building be mandated to have separate bins for dry and wet waste

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TWEETS @BangaloreMIRROR

Poor waste management in Bengaluru's multi-dwelling units buildings with five to 20 houses is becoming a serious civic concern, with increasing mixed waste accumulation, black spots, and houseful landfills.

The issue is especially severe in buildings where owners are absent and management is left to caretakers or rent collectors with little accountability.

Solid waste management expert, Shanthi Tumalla has advised that the Greater Bengaluru Authority (GBA) and Bengaluru Solid Waste Management Ltd (BSWML) mandate all dwelling units to implement the system of two bins and one bag outside each door or gate, ensuring proper segregation and collection.

In many buildings in the city, tenants often do not even know who the actual owner is. Owners do not usually stay in buildings that have five or six houses.

CONTINUED ON PAGE 8 »

"Residents complain that waste is not being picked up and often hire private workers, who dump it at nearby black spots. In some cases, garbage collectors themselves agree to collect mixed waste in exchange for extra money. All these factors directly increase landfill burden —Shanthi Tumalla, waste management expert

Catch your breath

Study finds concentration of particulate matter inside campuses to be higher than permissible limits

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Students in educational campuses in urban Bengaluru may not be breathing clean, safe air. A study analysing levels of harmful air pollutants inside college and school campuses has found the concentration of particulate matter inside campuses to be much higher than permissible limits set by the National Ambient Air Quality Standards (NAAQS).

As per NAAQS, the average annual concentration of PM10 in ambient air should not exceed 60µg/m3, and for PM2.5, the value should not exceed 40µg/m3.

However, the study found that in some educational institutions, the concentration of PM10 was as high as 183µg/m³, and the concentration of PM2.5 was approaching 80µg/m³.

Researchers gathered data for one year between November 2022 and October 2023 within a 15-kilometre radius of urban Bengaluru, encompassing seven college wards. The survey was conducted across seven educational establishments adjacent to Lalbagh Botanical Garden, including

CONTINUED ON PAGE 2 »

THINGS TO DO

01 Speaking through poetry

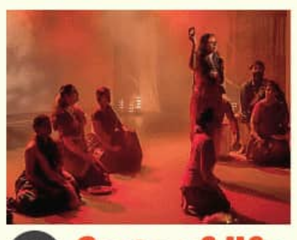
Author Subhashini Kaligotla will be launching her new poetry collection 'My Life Closed Twice', with Jeet Thayil. The collection charts the long aftermath of grief, and its recursive, obsessive cadences. **Where: Atta Galatta, Indiranagar; When: December 28, 6.30 pm**

02 Power of words

Piyush Mishra will be performing live as part of the Aarambh 2.0 India Tour, redefining live performance by blending music, poetry, and theatre into an unforgettable experience. **Where: Phoenix Marketcity, Whitefield; When: January 17, 7 pm**

03 Literary corner

Atta Galatta is hosting the launch of Soul Climate, the latest novel by acclaimed writer Inez Baranay. Soul Climate reimagines the idea of India through the perspective of Turkish intellectual and freedom fighter Halide Edib, who visited Delhi in 1935 to deliver a series of lectures. **Where: Atta Galatta, Indiranagar; When: December 28, 6 pm**



04 Saga of life

Bangalore Little Theatre is presenting a stage adaptation of the 2nd-century Tamil epic following the fateful journey of Kannagi, the devoted wife of Kovalan, and her timeless legend about chastity, truth, and the devastating cost of injustice. **Where: Jagriti Theatre, Whitefield; When: February 7, 8, 3.30 pm and 7.30 pm**

05 Jingle & mingle

This festive season, SOCIAL is dialing up the chaos with a high-energy Christmas Eve celebration, inviting all to show up, dress up, and dance it out. **Where: All SOCIAL outlets in Bengaluru; When: December 24, 7 pm**

No diary, no hall ticket: VTU tightens internship rules

University makes daily record of internship compulsory, with coordinators tasked with ensuring regular entries, signalling stricter monitoring of compliance

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Just like schools insisting on homework diaries, Visvesvaraya Technological University (VTU) has made daily internship diary non-negotiable for final year students. Students who have opted for the 8th Semester internship in the ongoing odd semester are required to compulsorily upload their daily work diary on the VTU web portal. Failure to do so may have a direct academic consequence, as students who do not update their entries may not be issued hall tickets for the forthcoming examinations, as per a recent circular (a copy of which is available with BM).

Strict accountability

The university has placed the responsibility squarely on Department Internship Coordinators, directing them to ensure regular diary updates by students under their supervision. Coordinators could be held accountable if students fail to comply. VTU has also reiterated that all students and departments must strictly follow the university's mandatory internship guidelines, signalling tighter monitoring of internship compliance.

A senior VTU official said that the daily internship diary has been made mandatory to ensure that students are actively engaging with their assigned tasks and gaining meaningful hands-on experience. "It allows us to monitor progress, maintain accountability, and ensure that every student benefits fully from the internship programme. Without regular documentation, it becomes difficult to assess learning outcomes or verify that the training objectives are being met. This step is not meant to add paperwork but to strengthen the quality of practical exposure, which is a critical part of engineering education," said the official.

Senior VTU official says that move aims to ensure that students are actively engaging with their assigned tasks and gaining meaningful hands-on experience

More opportunities

Addressing concerns from core branches, VTU clarified that its internship portal offers opportunities across all engineering streams. While circuit branches like CSE, ECE and EEE see higher company registrations, adequate internships are also available for Civil and Mechanical Engineering students. In cases where companies are willing but not listed on the portal, college or departmental coordinators have been asked to upload the details, ensuring students from core branches are not left out. With hall tickets now linked to diary updates and coordinators under the scanner, VTU's message is clear: treat the internship diary as seriously as the exams themselves.

PM10, PM2.5 way above acceptable limits

CONTINUED FROM PAGE 1

Al Ameen Educational Society, Bishop Cotton Women's Christian College, Bismillah Education Trust (BET) Institutions, Little Angel's Public School, Mavalli Educational Society (MES), Hombegowda First Grade College, and Santhosh English School. To estimate the levels of air pollutants such as particulate matter (PM1, PM2.5, PM10), carbon monoxide, nitrogen dioxide, sulfur dioxide, and volatile organic compounds, Wi-Fi-enabled electrochemical sensor devices were placed in the hallways of each college's classrooms to continuously assess indoor air quality for 24 hours.

The majority of monitoring stations show that particulate matter PM2.5 and PM10 concentrations exceed air quality permissible limits, both indoors and outdoors.

The data revealed that in institutions such as Al-Ameen, Hombegowda, and MES, the concentration of smaller particulate matter hovered between 75 and 79 µg/m³, whereas levels of PM10 were found to be above 179 µg/m³. In institutions including Santhosh School, Bishop Cotton College, Little Angels School, BET College, and the

control site, the concentration, although lower than the above three institutions, was found to be above the permissible limit. Based on the outcome, researchers say there is an urgent need for substantial indoor environmental quality research in Indian classrooms to indicate the potential health concerns encountered by students in heavily urbanized areas.

Moreover, they advocate that aspects such as urbanisation rate, land use planning, indoor air pollution, meteorology, and transportation planning must be carefully considered in urban planning.

Healthcare experts say that poor indoor air quality in educational institutions may lead to children developing various health concerns, including exacerbation of asthma and other respiratory infections.

The study was conducted by researchers from the University of Mysore, Al-Ameen Arts, Science, and Commerce College in Bengaluru, and Chamaraj-nagar University, and was published in the Asian Journal of Environment & Ecology.

Gold and silver prices set to surge further after Sankranti

Gold and silver prices are expected to rise further after Sankranti, driven by growing demand and global uncertainty, according to city-based jewellery bodies. With silver seeing increased use across industries, demand has surged, pushing prices sharply upward. The current price of silver stands at around Rs 2.14 lakh per kg and is likely to touch Rs 2.50 lakh after Sankranti. Ongoing global political developments have strengthened the perception of gold and silver as safe investment options, leading to higher purchases in both physical and digital forms. As buying volumes rise, prices have climbed steadily, with the number of investors increasing by 10 to 15 per cent, according to Karnataka State Jewellery Traders Federation General Secretary Dr B Ramachari.

He said that even if there are fluctuations in the international market, prices may dip by only Rs 50 or Rs 100 per gram, not by thousands of rupees. Post Sankranti, gold prices could reach Rs 1.50 lakh per 10 grams, while silver may touch Rs 2.50 lakh per kg. Experts attribute the rally to global market trends, currency volatility and political uncertainty. Although India produces only about one per cent of silver and 0.1 per cent of gold, with the rest imported mainly from China, Australia and African countries, rising consumption and investment demand have fuelled the price surge. Investors continue to prefer gold as a secure asset, believing that while returns may not be immediate, losses are unlikely. "Increasingly, buyers are opting for physical gold such as bars and coins over paper gold, viewing it as a safer and more reliable form of investment," he added. **— BMB**

Midday meal scheme to cover LKG to Class 12

From the coming academic year, the Karnataka government will extend the midday meal scheme to students from LKG to Class 12 studying in government schools and colleges. School Education Minister Madhu Bangarappa said the scheme has already benefited poor students and its expansion will involve an additional expenditure of Rs 200 crore. This, he said, should not be seen as a burden on the government but as an investment in the future of children.

The minister said Karnataka Public Schools proposed to be launched across the state will have dedicated music and physical education teachers, along with full facilities including libraries. A decision will be taken on appointing librarians either on a local contract basis or through government recruitment. School bands will be made mandatory in government schools. On the Supreme Court making TET mandatory for in-service teachers, he said it would cause hardship and the state has decided to file an appeal, with a government order already issued in this regard. **— BMB**

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Kamaraj Road to reopen after metro chaos

After nearly six-and-a-half years of disruption, Kamaraj Road is finally set to reopen fully to traffic in the first week of January 2026, bringing long-awaited relief to commuters in Bengaluru's central business district. The road had remained closed for the construction of Namma Metro's Pink Line underground station and tunnel works, forcing motorists to take lengthy detours to reach Brigade Road, Commercial Street and adjoining commercial areas.

Although partial traffic movement was permitted on one side of the road in 2024, full restoration was repeatedly delayed as construction entered its final stages. Officials from the Bangalore Metro Rail

Corporation Limited said the delays were mainly due to the continued movement of heavy machinery and materials required for underground station construction and interchange works between MG Road and the Cubbon Road junction.

While traffic from MG Road towards Cubbon Road through the Cauvery Emporium junction was eased earlier, vehicles travelling in the opposite direction continued to face diversions. The Pink Line interchange connecting the Nagawara and Kalena Agrahara corridors is now structurally complete, with one carriageway of Kamaraj Road already open. The remaining lane is expected to be opened within the next fifteen days, restoring normal traffic flow on the vital corridor.

— BMB

No environmental clearance needed for twin tunnels: Centre

Environment ministry tells tribunal Twin Tunnel Road project requires no prior environmental clearance under EIA Notification provisions

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The Union Ministry of Environment, Forest and Climate Change, in a report submitted to the National Green Tribunal, has stated that Bengaluru's proposed Twin Tunnel Road project does not require Environmental Clearance (EC). The ministry clarified that the Environment Impact Assessment (EIA) Notification, 2006, does not contain any standalone provision for mandating Environmental Clearance specifically for the construction of underground tunnels. The Schedule attached to the notification lists of projects and activities that require prior to EC, and underground tunnels are not included as a separate category. In the absence of any statutory provision for granting EC to a tunnel as an independent activity, the ministry said no question arises of issuing a separate or isolated Environmental Clearance for the tunnel component alone.

Under the provisions of the EIA Notification, linear infrastructure

PICTURE FOR REPRESENTATION ONLY

projects such as highways fall under Entry 7(f) of the Schedule and are subject to prior Environmental Clearance, either from the Union environment ministry or the respective State Level Environment Impact Assessment Authority, depending on the category and scale of the project.

"The EIA Notification, 2006, does not prescribe any independent requirement for obtaining Environmental Clearance exclusively for the construction of an underground tunnel. The requirement of prior EC

The requirement of prior EC applies only when the tunnel forms part of a project specifically listed in the Schedule, such as highways under Entry 7(f)," the ministry stated in its report

applies only when the tunnel forms part of a project specifically listed in the Schedule, such as highways under Entry 7(f)," the ministry stated in its report.

The report was filed in response to a petition submitted a couple of months ago by Bengaluru Praja Vedike and other citizens, raising concerns over procedural lapses and environmental risks linked to the Twin Tunnel Road project, announced in May 2024, allegedly lacking assessment or backing under the Mobility Plan. It further claimed the State Cabinet approved the 16.74-kilometre project by forming Bangalore Smart Infrastructure Ltd and clearing the DPR swiftly, which allegedly contained factual errors, incomplete annexures, and lacked geological, hydrological, flood-risk, biodiversity and tree enumeration studies, assessments documents

The petitioners also alleged that the traffic modelling carried out for the project was defective and that the proposed alignment passes through ecologically sensitive and legally protected areas. They warned that the project could pose risks of groundwater depletion, soil instability, and flooding. City-based environmentalists said the ministry's response showed little concern for the environmental impacts of large infrastructure projects. One environmentalist said that while the EIA Notification, 2006, indicates the project does not require EC, the ministry should have flagged environmental risks instead of adopting a legal interpretation, adding Lalbagh deserved closer scrutiny.

Adani lowest bidder, tunnel road delayed

The Adani Group has emerged as the lowest bidder for Bengaluru's proposed tunnel road project, but the award is likely to be delayed as the quoted amount is around 24 to 28 percent higher than the state government's estimated cost. The 16.57 km tunnel road, planned between the city and the airport road up to Esteem Mall, is being implemented by Bengaluru Business Corridor Limited. Although Adani's bid was the lowest among all contenders, it exceeds the estimated project cost of Rs 21,798 crore, making cabinet approval mandatory before the tender can proceed.

Bids were submitted by the Adani Group, Dilip Buildcon, Vishwasamudra Engineering and Rail Vikas Nigam Limited. However, sources said the bids of Vishwasamudra Engineering and RVNL were disqualified for failing to meet eligibility norms that bar companies with recent records of road or bridge collapses. The project is planned under the build operate transfer model, with the government bearing 40 percent of the cost and the concessionaire funding the remaining 60 percent. The proposal has triggered political criticism, with BJP leaders calling it an expensive project unnecessary.

Old pipelines fuel post-phase V water loss

Water loss in Bengaluru's supply network has risen sharply following commissioning of Cauvery Phase V, with leakage increasing from 27 percent to 33.03 percent. This six percent jump over the past year has raised concern within the Bangalore Water Supply and Sewerage Board, as higher losses directly translate into mounting financial strain on operations.

A BWSSB official said that under Phase V, the board supplies about 2,225 million litres daily to nearly 11.20 lakh city connections, costing ₹48 per kilolitre. Rising leakage has caused heavy losses. Unaccounted water exceeded 50 percent in 2007 but fell to 29 percent by 2022 and 27 percent in 2024. Phase V's October rollout coincided with a renewed spike. Officials said water is currently be-

ing supplied to about 100 villages, with supply to another ten villages pending. Once these areas are covered, leakage levels could rise by another two percent, adding pressure.

Large parts of the city still rely on pipelines laid 40 to 50 years ago, making them vulnerable to frequent leaks. BWSSB estimates replacing old pipelines and rehabilitating reservoirs could cost nearly ₹8,000 crore, to be managed through phased execution. Leak detection using AI-based robots has identified problem spots, while modernisation works and connection surveys continue across several localities.

— BMB

Hebbal flyover loop opens, traffic eases

Vehicle movement began on the newly built loop at the Hebbal junction flyover on Sunday morning on a trial basis, offering relief from traffic congestion. The flyover is a crucial link providing direct access to Kempegowda International Airport and remains a bottleneck due to limited lanes towards the city. As part of the expansion, two loops have been constructed to ease traffic flow. The first loop from the KR Puram side towards the city opened on August 18, while the newly operational circular loop from beneath the junction allows smoother entry into the city. An existing loop has been upgraded and extended to about 200 metres, connecting both loops.

With vehicles now moving along separate routes, the need for traffic police to manually regulate

movement has reduced, enabling smoother travel. LED lights have been installed along the entire stretch of the new loop.

Officials said traffic movements will be monitored during the trial run, after which adjustments will be made before commissioning. The BDA has prepared a blueprint for an additional lane connecting the Hebbal-Kodi side to the flyover via the service road. Clearance is pending, and authorities said a solution will be possible after the additional lane is completed. — BMB

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Illegal parking

Austin Town

An auto parked illegally inside Austin Town Bus Stand is causing severe traffic congestion and delays for commuters in the city.

Visibility block

Yemalur Junction

A hoarding blocking the view from the traffic control booth is creating a serious safety hazard at Yemalur Junction, Marathahalli.

Street danger

D'souza Road

Broken footpaths and pothole-filled roads have remained unattended for over six months on D'Souza Road, GBA Central Zone, with no action from civic authorities.

Speeding student kills cashier

A 28-year-old hotel cashier was killed after being hit by a car allegedly driven recklessly by a student in HSR Layout on Sunday night. The deceased has been identified as Santosh, a native of Bailhongal in Belagavi district.

Santosh was working as a cashier at a hotel in HSR Layout and was residing in a paying guest accommodation in Rajiv Gandhi Nagar. Police said the incident occurred when he was walking back to his PG after dinner with friends. A car, driven at high speed, struck him while he was walking along the side of the road.

The accused, Abdul Rehman (23), a BBA student and a resident of HSR Layout Sector 7, was allegedly driving his mother's car. Police said the car first hit Santosh and then rammed into a parked vehicle. Santosh sustained severe injuries and died on the way to hospital.

Police are investigating whether the accused was driving under the influence of alcohol. He has been arrested, the vehicle seized and a case registered. —BMB

CRIME FILES

Drunk pedestrian run over

A man who allegedly lost his balance and fell on the road while under the influence of alcohol was killed after being run over by a private bus within the Kamakshipalya Traffic Police station limits. The bus driver fled the scene but has since been traced by police.

The deceased has been identified as Chethan Kumar. Police said the incident occurred on the night of December 13 in the Hegganahalli area. Chethan was reportedly walking along the main road after consuming alcohol when he lost balance, fell onto the road and was run over by a bus approaching from behind. He sustained severe injuries and died on the spot.

After the incident, police launched a search using CCTV footage, leading to the identification of the bus driver, Narendra, traced to the Peenya area.

Anoop A Shetty, Deputy Commissioner of Police (Traffic), West Division, said the bus was seized and a case registered. He added that further investigation is under way. —BMB

Man kills wife, calls it accident

A 62-year-old man, Anant, has been taken into custody by Bagalur police for allegedly murdering his wife, Gayatri (55), and trying to disguise it as a road accident. Gayatri, a resident of Mittigana village, worked as a physical education teacher at a government school.

Police said the couple, who have a daughter in PUC, frequently quarreled over family matters. Investigations revealed that Anant had allegedly planned the murder, which occurred on Wednesday. He reportedly persuaded Gayatri to accompany him on a scooter to their construction site, claiming they needed to discuss a house project. Officials said he allegedly attacked her during the journey with a stone to the head, but further investigation showed she had been strangled and suffocated.

Anant allegedly told local residents that Gayatri died after falling from the scooter. Traffic police noticed severe head injuries and alerted Bagalur police. Initially, Anant maintained it was an accident, but during questioning, he reportedly confessed to the murder. A case has been registered, and investigations are ongoing. —BMB

Women officers lead safety push for late-night revelry

Chennamma Pade units, extra transport and safety alerts deployed across city

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Authorities are stepping up security for New Year celebrations with additional officers, emergency response teams, and surveillance technology. Citizens are urged to follow guidelines, avoid reckless driving, and make use of SOS apps for instant help

Police to launch intensified patrolling and deploy the Chennamma Pade as part of stepped-up security arrangements for New Year celebrations in Bengaluru, with the city police rolling out a social media campaign titled 'Celebrate Responsibly' from December 22, the police said.

The Bengaluru City Police said additional patrolling teams, emergency response units and support systems would be pressed into service across the city to ensure public safety. Stressing that safety is a shared responsibility, the police urged citizens to cooperate with personnel on duty and strictly follow advisories issued during the festive period.

According to the police, special arrangements would be made in areas witnessing heavy footfall, with people being held and regulated in designated zones to prevent overcrowding and untoward incidents.

To facilitate the safe return of revellers during late hours, metro services would be extended, while the number of buses, autorickshaws and cabs would be increased, the police said.

The police reiterated that the sale and consumption of prohibited drugs and narcotic substances is illegal and will attract strict legal action. Such substances, they warned, can lead to loss of control, violent behaviour and serious health complications.

Citizens have been advised not to drive after consuming alcohol. Those planning to drink should opt for designated drivers, public transport or cab services. The police also cautioned against wheeling and reckless riding on city roads, stating that public nuisance would not be tolerated.

Women's safety

Women's safety will be a key focus area during the celebrations. The police said a large deployment of women officers, including the special Chennamma Pade, would be made in crowded and sensitive locations. Citizens have been encouraged to download the KSP app and use its SOS features for immediate assistance.

By dialling Namma 112, calls will be routed to the nearest response unit for quick assistance anywhere in the city, the police said. These calls would be coordinated with Hoysala staff, with Hoysala and Cheetah vehicles acting as first responders and reaching spots within eight to ten minutes. Emergency services will function round the clock during the New Year period.

The police said extensive surveillance would be carried out with the help of a large number of CCTV cameras and advanced technologies, including artificial intelligence.

A QR code containing all guidelines and advisories will be shared with the public. By scanning it, citizens can access multiple Bengaluru City Police links and regularly check for updates related to New Year's Eve arrangements, the police added.

IN BRIEF

Uber, Ola riders get instant police link

Commuters using Uber and Ola will now have a faster route to police assistance during emergencies. The Bengaluru City Police, in collaboration with the two cab aggregators, has rolled out a technology integration that allows riders and drivers to connect directly with the 112 emergency response system from within the ride-hailing apps.

The new feature enables users to share real-time location, trip details, and contact information with the police control room while seeking emergency assistance. The initiative is aimed at improving response times and enhancing safety for both passengers and drivers across the city.

Commissioner of Police Seemant Kumar Singh said technology-led solutions were crucial to effective policing. "This

Passengers and drivers can now alert authorities directly during emergencies. Bengaluru City Police partnered with the cab services to embed an SOS option in their safety toolkit

integration allows us to receive real-time location and user details directly, helping us respond more quickly and assist citizens more effectively during emergencies," he said. The emergency call option is embedded in the safety toolkit on the Uber and Ola apps. Once activated, the system automatically transmits critical information to the police, reducing delays caused by manual location sharing or incomplete details. Officials said users still retain control over data sharing and can choose to disable location sharing, although the SOS alert will not reach the police control room in that case.

How does it work?

During a trip, the rider or driver taps the blue shield icon to open the safety toolkit. Selecting 112 prompts a screen showing the user's location and contact details, with a notification that these will be shared automatically. Swiping to call 112 sends trip and contact details to the police control room by default. Users can opt out of sharing their location, but then only a regular phone call to 112 is placed, without SOS data integration. The police receive the user's live location updated every four seconds, along with the rider's name and contact number, driver and vehicle details, and email address if available. —BMB

BDA clears Varthur Lake trash, activists demand lasting pollution control measures

Residents welcome cleanup drive, but environmentalists insist stopping sewage, encroachments and waste inflow is key to saving Varthur Lake

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Experts blamed sewage discharge, solid waste dumping and delayed encroachment removal for persistent pollution despite periodic cleanup efforts

Residents of Varthur and lake activists have appreciated Bangalore Development Authority (BDA) for clearing accumulated waste at Varthur Lake.

The civic body took up the cleaning after environmentalists raised concerns over large quantities of garbage and plastic choking the water body, particularly near the sluice gate. Officials said immediate steps were taken to prevent further deterioration and reduce the risk of flooding during heavy inflows. "As of now, we have taken measures to clear garbage and plastic from the lake. We want to take up de-weeding after availing permission from higher authorities. We have to submit a proposal during the forthcoming meeting for de-weeding of the lake," said BDA Assistant Executive Engineer Kavitha Krishna.

Bangalore Mirror had highlighted the issue in a report titled Lake view turns ugly as trash takes over on December 8, warning that waste accumulated behind the sluice gate could trigger flooding if left unattended. Following the report and sustained pressure from residents and activists, the cleaning work was taken up.

While welcoming the move, environmentalists stressed that clearing visible waste alone would not resolve the long-standing pollution issues affecting the lake. Elangovan Kulandaivelu, an environmentalist, said he was pleased with the prompt action but urged authorities to address deeper systemic problems. "I want the Chief Secretary to take measures to constitute a monitoring committee as mandated by the National Green Tribunal. The authorities must complete all pending works at the lake. The Minor Irrigation Department is yet to shift the pipeline from the lake. I also want the BDA Commissioner to organise an interaction with stakeholders," he said.

Lake activist Balaji Raghotham echoed similar views, stating that preventing sewage and garbage from entering the lake should be the priority. "There will be no need for authorities to spend money repeatedly on cleaning if sewage inflow is stopped at the source," he said. Jagadeesh Reddy of Varthur Rising said the work finally began after sustained public pressure and citizen advocacy, but warned that several critical tasks remain unfinished. He cited the need for completion of upstream sewage diversion and plugging, desilting and widening of storm water drains, removal of encroachments, and action against illegal garbage segregation units. "Lake rejuvenation cannot succeed with cosmetic cleaning alone. A basin-level, sewage-free and encroachment-free approach is the only sustainable solution," he said.

Following public pressure, Bangalore Development Authority removed accumulated waste from Varthur Lake, drawing cautious praise as experts warn that without sewage diversion, encroachment removal and monitoring, repeated cleanups will only offer temporary relief

Prof T V Ramachandra, a member of the Supreme Court-appointed monitoring committee, said multiple agencies must be held accountable. He pointed out that sewage entering the lake reflects lapses by the Bangalore Water Supply and Sewerage Board, while solid waste inflow indicates failures by Bengaluru Solid Waste Management Limited. He added that authorities are yet to clear encroachments on lake land, further undermining restoration efforts.

Govt funds drained via fake borewells

The Karnataka Rural Drinking Water and Sanitation Department (RDWSD) has ordered a statewide audit of borewells drilled over the past five years amid suspicions that many exist only on paper. Officials across all 32 divisions have been given 20 days to submit details such as GPS coordinates, drilling dates and depths, triggering unease within the department. Sources said funds meant for drinking water schemes may have been misused, with serious irregularities detected under the Jal Jeevan Mission and other programmes. Preliminary findings point to a nexus between officials and rig operators, involving fake geophysical reports, forged signatures and reuse of identical GPS locations to claim payments. Several releases were made without mandatory verification, with water-stressed districts featuring prominently, department warned of strict action once audit fixes accountability statewide. — BMB

Karnataka gets zero share in river link

Karnataka is set to gain nothing from the proposed Cauvery–Krishna–Godavari river linking project, sparking strong resentment in the state. As per the revised Detailed Project Report prepared by the National Water Development Agency under the Union Jal Shakti Ministry, Karnataka's share in the interlinking scheme has been reduced to zero. Planned in two phases and circulated to states last year, the project positions Karnataka only as a geographical conduit, while benefits flow entirely to Tamil Nadu, Telangana and Andhra Pradesh. Sources said the first phase alone is estimated to cost ₹63,868 crore, with about 148 TMC of water proposed for irrigation, drinking water and power generation. Karnataka's exclusion has raised equity concerns ahead of a national-level meeting in Delhi where Karnataka plans to press for fair allocation there. — BMB

BM Trippin' Tales

Year-end window opens for safer waterfall and trek tourism

Clearer trails, steady flows and regulated access make coastal and Malnad treks ideal before summer, officials urge caution, permits, safety

Sridhar Vivan
sridhar.vivan@timesofindia.com
TWEETS @sridharvMirror

With the monsoon season over, travellers from Bengaluru can now look at waterfall destinations in coastal and Malnad Karnataka as part of their year-end holiday plans. The end of heavy rains has made forest trails safer, visibility better and access routes more dependable, offering an ideal window for leisure trips before summer sets in.

These regions continue to draw visitors with a chain of waterfalls such as Mandu, Kadachagundi, Velladu and several smaller cascades that retain good water flow even after the rains. Bandaje Falls remains a standout attraction, with its nearly 200-foot drop now easier to view as lingering mist clears and trekking paths stabilise. Trekkers can reach the falls via the Kadirudyavara foot trail that winds through rolling hills, while the Kottigehara route offers a relatively easier approach for those seeking a less strenuous journey.

Forest officials say post-monsoon conditions significantly reduce risks associated with sudden water surges and slippery terrain, making this period more suitable for families and first-time trekkers. However, access continues to be regulated, and travellers are advised to check permissions in advance, as temporary restrictions may still be imposed if fire risk increases during drier spells. In Belthangady taluk, visitors can now access major waterfalls through an online ticketing system. Authorities have reiterated that littering, plastic disposal or contamination of water sources will invite penalties, as these streams remain crucial for agriculture and local daily use.

Despite improved conditions, officials caution that certain risks persist. Deep pools, uneven rocks and steep sections demand care, and visitors are advised against entering the water. Wildlife movement, including elephants and reptiles, is common along forest paths, particularly during early mornings and evenings. Facilities such as drinking water, food stalls or medical assistance are largely absent near most waterfalls, and travellers are advised to carry essentials and plan return journeys well before sunset.

All waterfall locations fall under the Wildlife Division of the Forest Department, with entry permitted only through valid tickets obtained via official channels. The historic trekking destination of Gadaikallu, located about 1,700 feet above sea level in Nada village of Belthangady taluk, is also open for year-end visits. With dry weather setting in, authorities warn that any indication of forest fire risk will lead to immediate closure, and visitors are urged to follow safety norms strictly, respect wildlife habitats, avoid night travel and adhere to local advisories at all times.

Sand mining menace persists across State

Despite sustained government vigilance, illegal sand mining continues unchecked across Karnataka, with 6,818 cases of unauthorised sand mining and transportation reported during 2023–24 and 2024–25. Data placed by the Department of Mines and Geology shows that FIRs were registered in 1,434 cases, while fines amounting to about ₹16.98 crore were imposed. Sand mining is permitted only at notified locations and banned in ecologically sensitive zones, yet illegal operators persist, driven by high profits and steady demand. District-wise figures highlight the extent of the problem. Illegal sand mining FIRs were highest in Raichur and Shivamogga with 15 cases each, followed by Dakshina Kannada (14) and Yadgir (13). Illegal sand transportation cases were particularly high in Raichur (533), Hospet (169), Yadgir (166), Kalaburagi (118), Koppal (89), Haveri (81) and Chitradurga (28). — BMB

City doctors urge HPV shots for boys to widen cancer prevention

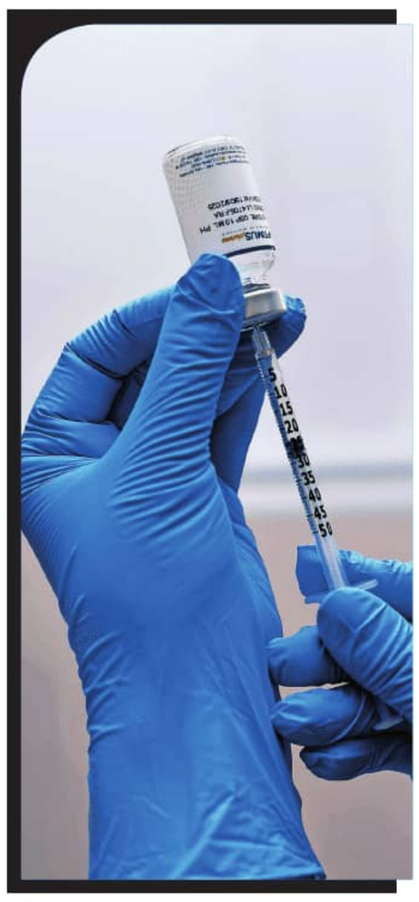
Pediatricians stress early HPV vaccination for boys to prevent cancers, curb transmission, and strengthen community-wide protection beyond traditional girls-focused programmes

INFOCUS FIGHTING CANCER

City pediatricians are increasingly recommending the HPV (Human Papillomavirus) vaccine for boys, highlighting its critical role in preventing HPV related cancers and infections. Traditionally promoted for girls to reduce cervical cancer, experts now stress that boys too are at risk and can benefit from early vaccination.

Doctors say the shift reflects a growing understanding that HPV is not gender-specific and that males can both contract and transmit the virus. While public health programmes in India initially focused on girls because of the burden of cervical cancer, paediatricians point out that boys face significant risks from HPV-linked diseases and should not be left out of prevention efforts.

Consultant pediatrician Dr Lakshmileela of Rainbow Children's Hospital, Hebbal, said the HPV vaccine is available for boys in India, largely through private



healthcare providers. "Although national public programmes have historically prioritised girls, clinical practice guidelines and product licences increasingly support vaccination for boys aged 9 to 26 years in the private sector," she said. She added that professional bodies such as the Indian Academy of Paediatrics recommend HPV vaccination for boys aged 9 to 14 years, following the same schedule as for girls.

Dr Lakshmileela explained that early vaccination offers the greatest benefit. "HPV-related diseases in males include penile cancer, anal cancer, oropharyngeal cancers such as those affecting the base of the tongue and tonsils, as well as genital warts. Many of these conditions do not have easy or routine screening methods, which makes prevention through vaccination especially important," she said.

She noted that the vaccine works best when administered before adolescence. Children who receive their first dose before the age of 15 require two doses, given six to 12 months apart. Those who start vaccination after 15 years of age need three doses over six months. "Early protection ensures that children are safeguarded well before any possible exposure to the virus," she said.

Dr Esha Gupta, Consultant Pediatrician and Pediatric Intensivist at Motherhood Hospitals, HRBR Layout, Bengaluru, said HPV is the most common sexually transmitted infection of the reproductive tract worldwide. "An estimated 85% of people will get infected with HPV at some point in their lifetime if they are not vaccinated. HPV affects both men and women, and in men it can lead to cancers of the penis, anus and oropharyngeal region," she said.

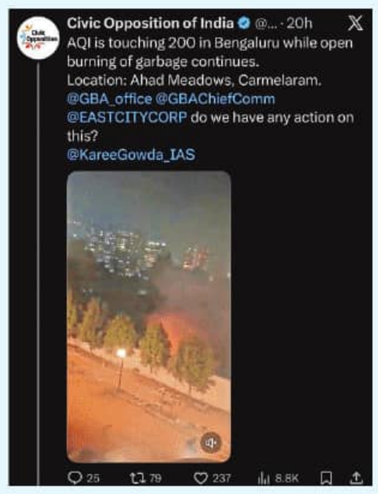
Dr Gupta added that vaccinating boys between 9 and 14 years provides stronger immune response and maximum protection. "When boys are vaccinated, they are directly protected, and there is also indirect protection for girls because the virus is less likely to spread between partners," she said.

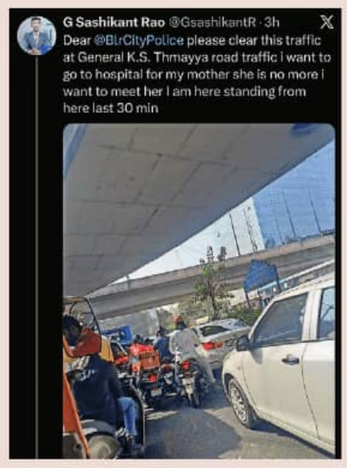
Despite the vaccine's availability and proven safety, awareness among parents remains limited, with many families continuing to associate HPV vaccination only with girls. Health professionals stress that timely vaccination for boys plays a key role in reducing HPV-related disease burden.

—Iffath Fathima

SOCIALTATTLE

That went viral
A social media user complaint of Bengaluru's air quality hits AQI 200 at Ahad Meadows, Carmelaram, as open garbage burning continues unchecked. Residents demand immediate action from authorities. @GBA_office @GBAChiefComm @EASTCITYCORP @KareeGowda_IAS, and questioned authorities of what measures are being taken to curb this hazardous pollution?




G Sashikant Rao @GsashikantR · 3h
Dear @BlrCityPolice please clear this traffic at General K.S. Thmayya road traffic i want to go to hospital for my mother she is no more i want to meet her I am here standing from here last 30 min

What's Tweeting
A sad moment wherein a social user posted of being stuck in terrible traffic on General K.S. Thimayya Road for 30 minutes while trying to reach the hospital for his mother. "Urgent plea to @BlrCityPolice to clear the way—every minute counts. Bengaluru's traffic is causing unbearable distress. #TrafficCrisis #EmergencyAccess #BengaluruTraffic" he said.

A social media user @amarthya1124 complaint of the electric #BMTC buses, especially flatbed TATA ones, have become frustrating, constant honking, sharp braking and acceleration, and hurried driving. Drivers seem inexperienced compared to regular buses, making rides uncomfortable and stressful for commuters. #BengaluruTraffic #BMTCComplaint

Amarthya @Amarthya1124 · 1d
The electric #BMTC have turned very annoying, from few months, manly the flatbed TATA ones, with constant honking and hurry to reach destination,#BMTC
and even the braking and acceleration is very sharp in these.
Basically the drivers lack the good experience the normal ones do.

INBRIEF

Tumakuru metro DPR due in five months

The long-discussed Metro extension to Tumakuru has moved into a decisive stage, with Bangalore Metro Rail Corporation Limited (BMRCL) set to receive the detailed project report (DPR) within the next five months. A Hyderabad-based consultancy has been awarded the DPR preparation tender at a cost of ₹1.26 crore. Once implemented, the project will mark Bengaluru Metro's first inter-district corridor, extending the Green Line from Madavara to Sira Gate in Tumakuru.

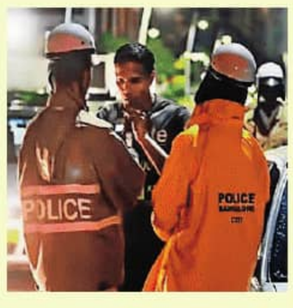
The proposal was announced in the State Budget by Chief Minister Siddaramaiah and gathered momentum after the government cleared the feasibility study in September, which returned a positive assessment. The project cost has been estimated at ₹20,650 crore under a public-private partnership (PPP) model, or ₹18,670 crore if implemented through a Centre-State funding combination supported by loans. The final funding decision will rest with the Union government. Sources said the DPR will finalise the alignment, land acquisition requirements, pillar locations, station designs and depot plans at Nelamangala and Tumakuru, along with future integration needs. The corridor is expected to have around 25 stations across Nelamangala, Dabaspet, Kyathsandra and Tumakuru city, with an end-to-end travel time of roughly two hours. While stations are likely to be elevated, the decision on double-decker structures will be taken after the DPR submission. —BMB

Yellow Line gets faster peak frequency

Commuters on the Yellow Line will experience shorter waiting times starting Tuesday, as the Bangalore Metro Rail Corporation Limited (BMRCL) inducts its sixth train into passenger service. The move is intended to ease peak-hour congestion on the busy R.V. Road–Bommasandra corridor. With the additional trainset, peak-hour frequency from Monday to Saturday will improve to 13 minutes, reduced from the earlier 15-minute interval. Officials said the tighter headway is expected to improve passenger flow through high-demand stations such as Electronic City and Silk Board, which witness heavy commuter traffic. BMRCL clarified that Sunday operations will continue with the existing 15-minute peak frequency. The first and last train timings from both terminal stations will remain unchanged. —BMB

Drunk driving crackdown from Dec 24 across K'taka

In an effort to strengthen road safety and reduce accidents during the year-end period, the Karnataka Police have been directed to launch a statewide special drive against drunken driving and other traffic violations from December 24 to December 31, 2025. The directive follows instructions issued by Justice (Retd.) Abhay Manohar Sapre, former Supreme Court judge and Chairman of the Supreme Court Road Safety Committee, during a Karnataka State Road Safety meeting held on December 19, 2025. The meeting reviewed the state's road safety measures and stressed the need for strict enforcement to prevent avoidable



road accidents and fatalities.

As per the notice, all unit officers across the state have been instructed to conduct intensive checks within the limits of their respective police stations and ensure cases are registered against violators. The special drive will primarily target motorists driving under the influence of alcohol. In addition, action will also be taken against drivers violating traffic norms, including not wearing seat belts, riding without helmets or headlights, over speeding, performing dangerous stunts such as wheeling, triple riding on two-wheelers, and using mobile phones while driving. —BMB

Tax defaulters' property to be sealed

Under the guidance of Commissioner D S Ramesh, the East City Corporation has intensified efforts to improve property tax compliance by sealing long-pending defaulters, including banks, hotels and commercial complexes. Many of these properties are overseen by caretakers or absentee owners, despite repeated notices. A team led by Joint Commissioner Dr Dakshayini K sealed major defaulters' properties in Bellandur, Kaikondrahalli and Ambalipura, urging owners to clear dues promptly. Separately, an infrastructure review meeting chaired by Deputy Commissioner (Development) Lokhande Snehal Sudhakar focused on coordinated development at key junctions such as Marathahalli, Varthur Kodi, Bagmane Tech Park, Kundalahalli and Sarjapur. During inspections, Deputy Commissioner (Revenue) Prajna Ambemblal detected unlicensed PG operations at White Rose Layout and AL Co Living PG, imposing ₹50,000 in fines for hygiene and regulatory violations. The Corporation said strict enforcement will continue. —BMB

We need to stop mucking about with our waste problem

CONTINUED FROM PAGE 1

They hand it over to a caretaker, who comes only to collect rent and leaves. There is no ownership of responsibility when it comes to waste.

Typically, only two large drums are placed in these buildings, with no monitoring. Irresponsible households dump mixed waste, and segregation quickly breaks down. "Most of the time, bachelors send waste through domestic help, and they don't bother about wet or dry segregation. Everything goes into one cover and is dumped. Even the households doing it right are forced to mix waste because others are doing it," Tumalla explained.

As a result, waste collectors refuse to pick up the garbage, leading to piling up. Residents then complain that waste is not being picked up and often hire private workers, who dump it at nearby black spots. In some cases, garbage collectors themselves agree to collect mixed waste in exchange for extra money. "All these factors directly increase landfill burden. This is not limited to small units; it is the same with buildings having 10–20 houses," she added.

During a recent visit to HSR Layout, volunteers observed a 20-house building with just one overflowing drum, with garbage strewn all around. Another growing issue is food waste being thrown in delivery bags, which contaminates dry waste. In some buildings, security guards are even asked to segregate waste, which is an unworkable solution. "Once soiled food covers enter dry waste, the entire recycling unit goes down," Shanthi said, calling multi dwelling units a "huge blind spot" in the city's waste system.

Solution by expert

To address this, Tumalla has proposed a set of solutions that she believes could bring a major shift if made mandatory. "The first step is accountability. Owners or caretakers must clearly mention solid waste management rules in rental agreements. If source segregation fails, any penalty imposed by the municipality should be deducted from the tenant's advance, with proof attached," she said.

She added that awareness efforts often hit a wall. "When volunteers go door to door, people don't even open their doors. When questioned, everyone says they haven't done it," she noted.

For smaller buildings with five or six flats, Tumalla recommends that each household have two bins, red and green and one bag, either provided by the owner or bought by tenants. "Writing the apartment number on bins is another key step. This way, the garbage collector or marshal can clearly identify who is complying and who is not. People can even fix a hook outside their house and hang the bins."

In larger buildings with more than 12 flats, she suggests appointing trained cleaning staff to collect segregated waste door-to-door at a fixed time. "They must be strictly trained. If this is done properly, a major portion of the garbage problem will be solved," she said.

Calling it a "universal solution", she said that if agencies like the GBA or BWSML implement and strictly enforce these measures, it could bring visible change across wards. "Monitoring is also possible. And if owners still don't comply, the municipality should impose a tax on the owner, supported with photographic evidence. Only strict rules will fix the multi-dwelling unit problem," she said. Other waste management experts agree.

Odette Katrak, sustainability expert, said," This brilliant solution takes away all excuses from both owners and tenants for incorrect segregation. Owners say tenants will not understand (Wet waste in the green bucket, sanitary waste in the red bucket and clean, dry waste in the white bag), or they say that dogs will tear open the packets. Tenants say pickup timings do not suit or it is difficult to pass on. This solution factors all challenges and should be made the mandatory SOP by GBA."

She, however, said that one issue to be addressed is who will bear the cost of the kit, that is around 250-300. "For individual dwellings, it is clear the responsibility of the owner to ensure tenants understand and dispose of waste correctly and provide these labelled bins. This is a tiny investment towards ensuring not just that their premises stay spic and span, but also ensuring that they don't contribute to landfill waste and climate change by sending out mixed waste."

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CHANGE OF NAME

I, RAJESWARI HIREHALLI KEMPALINGAIAH R/o. No. 504/199, 2nd Cross, Opp St. Patric School, Ullalu Upanagar, Bengaluru-110 have changed my name to RAJESHWARI HIREHALLI KEMPALINGAIAH vide Affidavit dt. 22.12.2025. sworn before notary Mr. C Srinivas Bengaluru.

I, MANJUNATHA, Residing at No. 43/8, 10th Cross, Naganathpur Doctor Layout, Bangalore – 560099, have changed my name to MANJUNATH, vide affidavit dated 28/11/2025, sworn before notary Venkataraju H G, Bangalore.

I, Thakker Deval Pravin Chandra / Deval Praveenchandra Thakkar, S/o Praveenchandra Thakkar, R/o D-6122, Mykonos, Sobha City, Thanisandra Main Road, Bangalore – 560077, have changed my name and shall henceforth be known as DEVAL THAKKAR

I, PRAMILA BADAMI, W/o Channakeshavaro Hirekerur, residing at #107, B Block, M C Sarovar Apartments, Meda halli, Virgonagar Post, Benga luru-560049 have changed my name to SRIDEVI CHANNA KESHAVARAO HIREKERUR, vide affidavit dated: 22.12.2025 Notary Meer Hassan, B.lore.

I, BINDIYA JAYANTILAL JIWANI W/o Nishil Deepak R/at No. 1114/13 2nd Stage 3rd Main E Block Rajajinagar Bengaluru- 560010 have changed my name to BINDIYA JIWANI vide affidavit dated: 17/12/2025 Before Notary K.V.Mani Bangalore.

I, Ansar Nabi Khan R/o No 269/24 3 Rd Floor 8th Main Road Lakkasandar 560030, Have Changed My Name to Ansar Khan for all purposes.

I Asima Mulla residing at # 36, 1st cross ITI Layout Vijinapura Doorvani Nagar Bangalore 560016 changed my name to Asima Zameer Ahmed W/O Zameer Ahmed S S vide affidavit dated 15/12/2025. Before Notary Y R Chandrasekar Bangalore

I, Kapoor Chand Jain, S/o Hira Chand, R/o No. 604, ETA Star, C Block, Binny Mill Road, K P Agrahara, Magadi Road, Bengaluru – 560023, hereby declare that I have changed my name to Kapoorchand for all purposes.

I, Lakshmikanth Patel S/o Arjan K Patel R/o 419/4 Uttarahalli Bangalore Subramanyapura-560061 have changed my name to Lakshmi Kanth A Patel.

I, Aniket Jeevan Kulkarni S/o Jeevan Keshav Kulkarni R/o A3-009, Saranya Soham, Thubarahalli, Varthur Hobli, B'lore-560066 have changed my name to Aniket Kulkarni

I, Sumit Agrawal, R/o A101, Ramky Utsav, Seenappa Layout, New BEL Road, RMV 2nd Stage, Bengaluru - 560094, have changed my name to Sumit Mukesh Agrawal

I, Vijaya Kumar R R/o No.2, 2nd Cross, 2nd Main, Saraswathi Nagar, Mahadevapura, Bengaluru 5600048 have changed my minor son's name from Daiwik V to Hethvik V.

I, Nazeem Unnisa Saleem W/o Mohammed Ateeulla Saleem R/o 545,2nd Main Road 7th Cross Vinobha Nagar, K G Halli B'lore-560045 have changed name to Nazeemunnisa for all purposes.

I, Gulnaz Begum Basha D/o Renjeesh Polyath Kumaran R/o No 9/1, Milk Man Street, Langford Road, Hockey Stadum shanthinagar, Bengaluru, -560025. Have changed my name to Mehrin Taj for all purposes.

I, Kiran Narasimha Bhandary s/o Narasimha R/o 17, 1st main, Vijaya Bharathi public school, Bhuvaneshwari Nagar, Bengaluru 560032 have changed my name to Kiran Narasimha. I shall be called by this name for all purposes

I Khursheedunisa D/O, Sheik Budden R/o N0-324/b,3rd A Cross,bahubalinagar,jalahalli, bengaluru-560013 have changed my name to Khursheedunnisa.

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LOSS OF DOCUMENT

I, **Syed Abdul Malik,** R/ at Malur Town, Malur Taluk, Kolar District. **Original Sale Deed of Sy No 57/6 & amp 58/7 registration no.: MLR-1-03288-2021-22, CD No.: MLRD830 Dated: 13/09/2021** as been lost accidentally. Same has been given a complaint at Kolar Police Station (LR No.: 1966774/2025). If any one finds, request to contact: 9448039951

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TENDER NOTIFICATION

Society Invites Tender from the eligible Builders for Construction of Auditorium, Extension, Dining Hall & left out works with our Specifications Building at SIRINAGARA LAYOUT Near Marasandra Doddaballapura Main Road 560 089, on Turnkey basis.

The Tender Form and details regarding the above Tender can be obtained from Our Society office during working hours from 22-12-2025 to 07-01-2026 The last date and time for receipt of Sealed Tenders will be on 07-01-2026 up to 2-00 P.M. Opening of tender will be on 07-01-2026 at 6-00 P.M. In the Society Premises For more Details: Contact the above address during working hours.

Sd/-
R Ravindra Kumar (Secretary)

HEALTH TIP: Applying ice to the wrists and neck cools circulating blood. This signals the brain to reduce hot flashes, flushing and sweating

Chamomile helps promote sleep and reduce anxiety by calming brain receptors. This warm tea soothes nerves and supports restful sleep

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BORED KIDS BUILD BRILLIANCE

Psychologists warn constant entertainment weakens resilience, imagination and independent thinking among youngsters

Boredom is a common part of life, across time and around the world. That's because boredom serves a useful purpose: it motivates people to pursue new goals and challenges.

I'm a professor who studies communication and culture. I am currently writing a book about modern parenting, and I've noticed that many parents try to help their children avoid boredom. They might see it as a negative emotion that they don't want their children to experience. Or they might steer them towards doing something they see as more productive.

There are various reasons why they want to prevent their children from being bored. Many parents are busy with work. They are stressed about money, childcare responsibilities and managing other parts of daily life. Making sure a child is occupied with a game, a TV programme or an arts and crafts project at home can help parents work uninterrupted, or make dinner, without their children complaining that they are bored.

Parents may also feel pressure for their children to succeed, whether that means getting admitted to a selective school or becoming a good athlete or an accomplished musician.

Children also spend less time playing freely outside and more time participating in structured activities than they did a few decades ago. Easy access to screens has made it possible to avoid boredom more than ever before. Many parents needed to put their children in front of screens throughout the pandemic to keep them occupied during work hours. More recently, some parents have reported feeling social pressure to use screens to keep children quiet in public spaces.

That is to say, there are various reasons why parents shy away from their children being bored. But before striving to eliminate boredom completely, it is important to know the benefits of boredom.

Benefits of boredom

Although boredom feels unpleasant in the moment, it offers real benefits for personal growth.

Boredom is a signal that a change is needed, whether it be a change in scenery, activity or company. Psychologists have found that the experience of boredom can lead to discovering new goals and trying new activities. Harvard public and non-profit leadership professor Arthur Brooks has found that boredom is necessary for reflection. Downtime leaves room to ask the big questions in life and find meaning.

Children who are rarely bored could become adults who cannot cope with boredom. Boredom also offers a brain boost that can cultivate a child's innate curiosity and creativity.

Learning to manage boredom and other negative emotions is an important life skill. When children manage their own time, it can help them develop executive function, which includes the ability to set goals and make plans. The benefits of boredom make sense from an evolutionary perspective. Boredom is extremely common. It affects all ages, genders and cultures, and teenagers are especially prone to boredom. Natural selection favours traits that offer an advantage, so it is unlikely that boredom would be so prevalent if it did not deliver some benefits.

Parents should be wary of treating boredom as a problem they must solve for their children. Psychologists have found that university students with overly involved parents suffer from higher levels of depression.

Other research shows that young children who were given screens to help them calm down were less equipped to regulate their emotions as they got older.

Boredom is uncomfortable

Tolerating boredom is a skill that many children resist learning or do not have the opportunity to develop. Even many adults would rather shock themselves with electricity than experience boredom.

It takes practice to learn how to handle boredom. Start with small doses of boredom and work up to longer stretches of unstructured time. Tips for parents include getting children outside, suggesting a new game or recipe, or simply resting. Creating space for boredom means there will be stretches of time when nothing in particular is happening.

Younger children might need ideas for what they could do when bored. Parents do not need to play with them every time they are bored, but offering suggestions is helpful. Even five minutes of boredom is a good start for the youngest children.

Encouraging older children to solve the problem of boredom themselves is especially empowering. Let them know that boredom is a normal part of life, even though it might feel unpleasant.

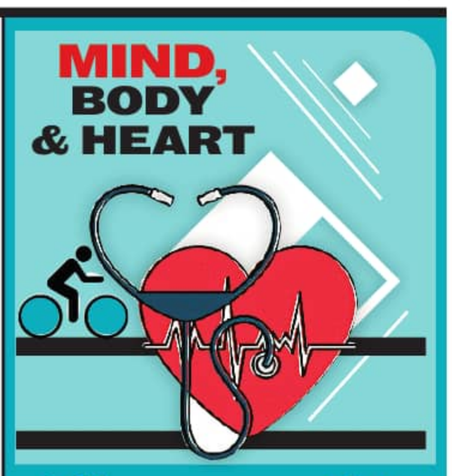
It gets easier

Children are adaptable. As children get used to occasional boredom, it will take them longer to become bored in the future. People find life less boring once they regularly experience boredom.

Letting go of the obligation to keep children entertained could also help parents feel less stressed. Approximately 41% of parents in the US said they 'are so stressed they cannot function', and 48% reported that 'most days their stress is completely overwhelming', according to a report from the US Surgeon General in 2024.

So the next time a child complains, 'I'm bored!', don't feel guilty or frustrated. Boredom is a healthy part of life. It prompts us to be self-directed, find new hobbies and take on new challenges.

(By Margaret Murray, University of Michigan-Dearborn, The Conversation)



All you need to know about...

Digital hygiene

We clean our homes, declutter our closets, and refresh our routines, but the one space we forget to clean is the one we carry everywhere: our phones. Digital Hygiene is simply an exercise to keep your online life organised and intentional.
With 2026 just around the corner, there is no better time to reset the habits that drain your focus and peace. Here are five easy steps to detox your phone and give it a clean start.

Clear out app clutter
Unused apps quietly occupy more than storage; they occupy attention. Each icon competes for a moment of your focus, even when you're not actively using it. A simplified home screen reduces visual noise, making your phone feel less demanding and more deliberate.

Turn off notifications you don't need
Notifications fragment attention in ways we rarely notice until we feel exhausted. By silencing non-essential alerts, especially from social platforms, you allow your brain longer stretches of uninterrupted thought.

Audit your digital diet
What you consume digitally shapes your mood just as deeply as what you consume physically. Muting or unfollowing is not disengagement; it is self-preservation.

Organise your photos & chat storage
Screenshots, forwarded images, and forgotten media pile up faster than we realise. Taking time to back up meaningful memories and delete what no longer matters creates a sense of lightness.

Set boundaries that actually stick
True digital hygiene is sustained by boundaries, not willpower. With tools like Focus Mode or Do Not Disturb, your phone becomes something you use, rather than something that uses you.

—Femina

MIRRORLIGHTS

Hot and humid climate threatens growth of millions of South Asian children

Hot and humid conditions driven by climate change could increase cases of stunting among children in South Asia by over three million by 2050, a study has estimated.

Researchers at the University of California, Santa Barbara, examined how exposure to extremely hot and humid conditions during pregnancy can affect children's health in the populous region.

'Height-for-age' — a commonly used indicator of chronic health status in children under the age of five — was analysed. It measures a child's height relative to the average for their age. Pregnant women are known to be especially susceptible to heat stress due to added weight and hormonal changes, which make them more vulnerable to overheating.

The findings, published in the journal Science, show that humidity can worsen the effects of heat exposure, partly because it prevents pregnant women from cooling down. The most critical periods were found to be very early and very late in pregnancy. "At the beginning of pregnancy, the fetus is very vulnerable, while at the end of pregnancy, the mother is more vulnerable," said lead author Katie McMahon, a doctoral student.

Third-trimester exposure to hot, humid conditions is far more harmful to child health than heat alone, said UC Santa Barbara researchers. Days above 29 °C reduced live births months later, while days above 35 °C increased early births. Hot-humid weather may lower conception or raise early pregnancy loss.

South Asia could see over three million stunted children by 2050. Focusing only on temperature may underestimate extreme weather impacts. Data came from Demographic and Health Surveys and UC Santa Barbara's Climate Hazards Center. —PTI

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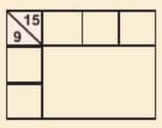
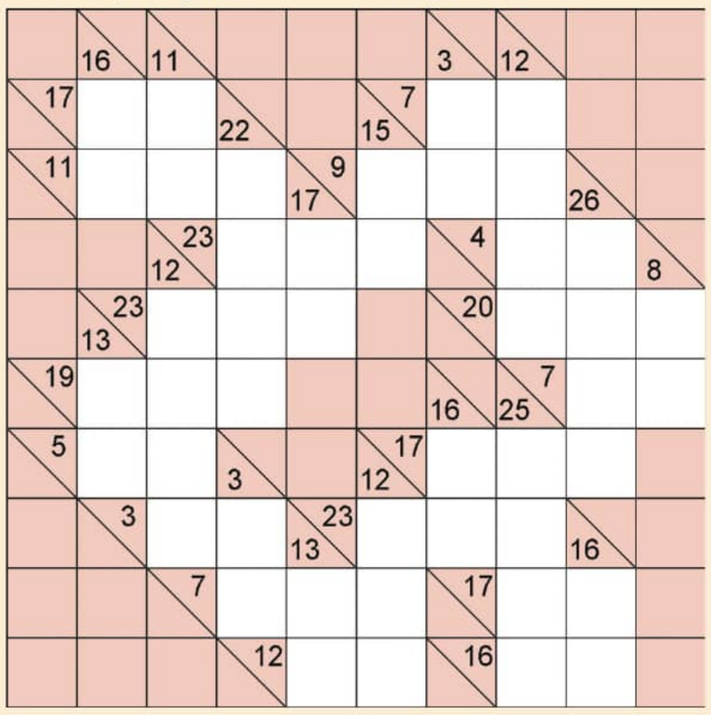
@BangaloreMirror

Kakuro

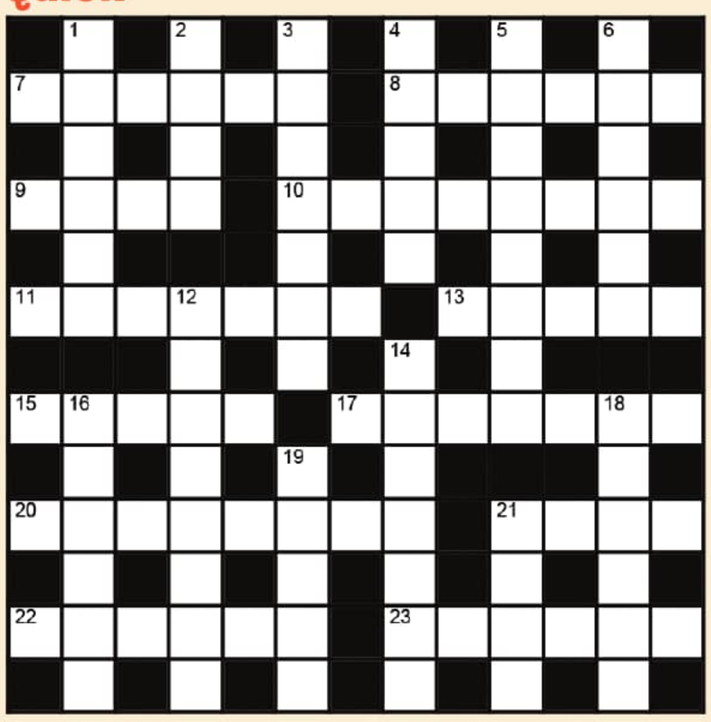
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Papal ambassador (6)
8 SI unit of force (6)
9 Sci-fi\fantasy award (4)
10 Take off from the launching site (5,3)
11 Prevailing weather pattern (7)
13 Carmen composer (5)
15 ___ out : making last longer? (5)
17 Using a shovel (7)
20 Disavowed (8)
21 Lively jumping dances (4)
22 One-dimensional (6)
23 Legal relinquishment (6)

DOWN

1 Common or reciprocal (6)
2 Eight as a prefix (4)
3 National park in Uttarakhand (7)
4 A record of a single year? (5)
5 Binding as a bandage (8)
6 Bangalores favourite beverage (6)
12 Authorised, decreed or designated (8)
14 Become recumbent (3,4)
16 Imprison (4,2)
18 Badgered constantly (6)
19 Long-legged bird (5)
21 Lord Mahavirs follower (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: T EQUALS H

EK LAD JRMHS KHAW VRKRMZ, LAD TMYRSZ HRMJJL JAUZ.

Linemaro

How can you be so classy and so down to earth at the same time?

Mindchow

What men call gallantry, and gods adultery, is much more common where the climate's sultry

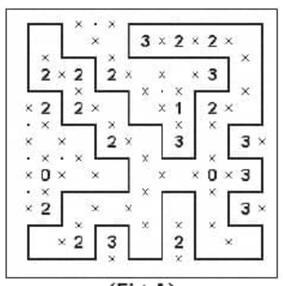
Joke of the day

God shows his contempt for wealth by the kind of person he selects to receive it

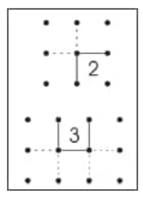
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

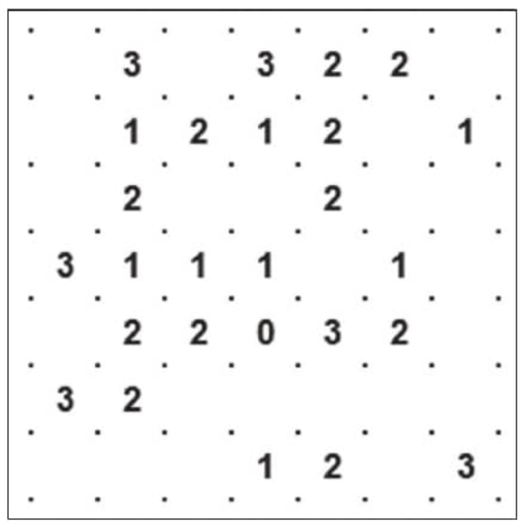


(Fig B) Not Allowed

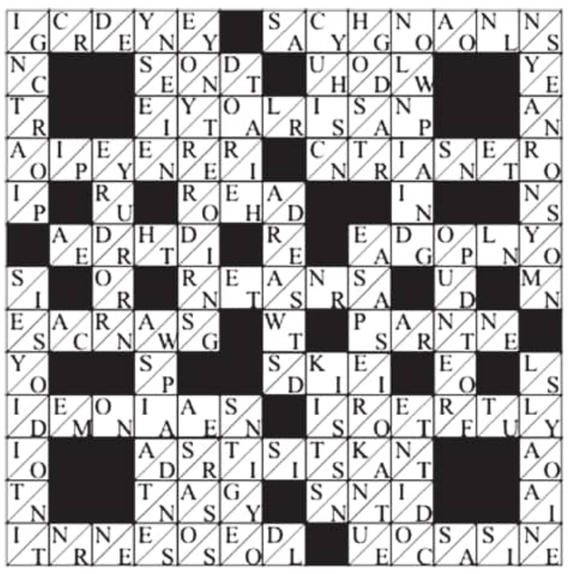
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



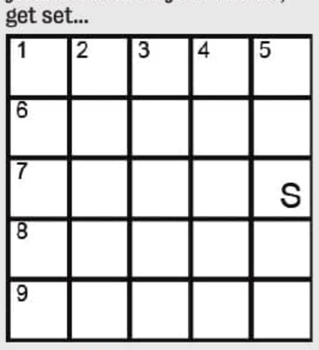
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

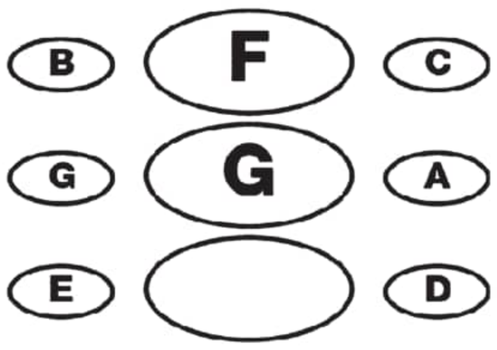
1 Cheel; 6 In rid;
7 Guv as; 8 Emits;
9 By red

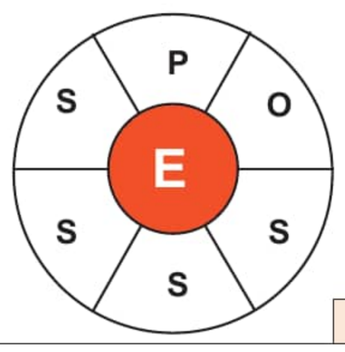
DOWN

1 IV lid; 2 Eaten;
3 Greed; 4 Mr Cub;
5 Is shy

Mensapuzzle

Which letter replaces the blank and completes the sequence?





Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

02 Average; 03 Good; 04 Outstanding

SudokuChallenge

6	3		4		5		1	7
		9		7		5		
4								6
9	8						3	5
			2		8			
5	6						7	1
7								3
		5		3		6		
2	4		6		9		5	8

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 4

3 4 6 9

Medium = 17

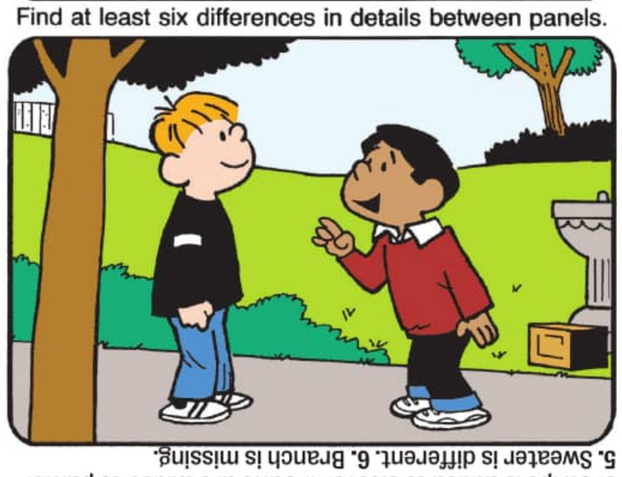
7 7 8 9

Hard = 10

2 8 8 8

Hocusfocus

Find at least six differences in details between panels.



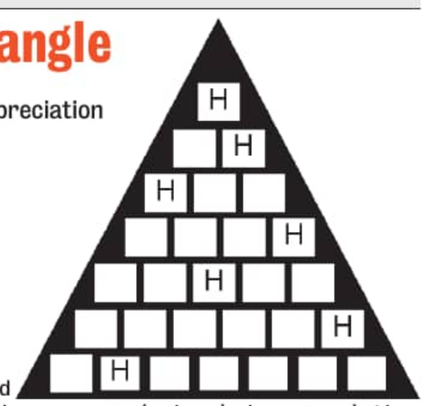
Differences: 1. Box is moved. 2. Fence is not as long. 3. Stripe is added to sleeve. 4. Cuffs are added to pants. 5. Sweater is different. 6. Branch is missing.

Riddler

Fill in the blank with a word that rhymes with one of these three words, is a synonym of another one of these three words and is an anagram of the last of these three words

Alpha triangle

1 Plancks constant
2 Expression of appreciation
3 Contains
4 Ready money
5 Hurts
6 Look for
7 Fees

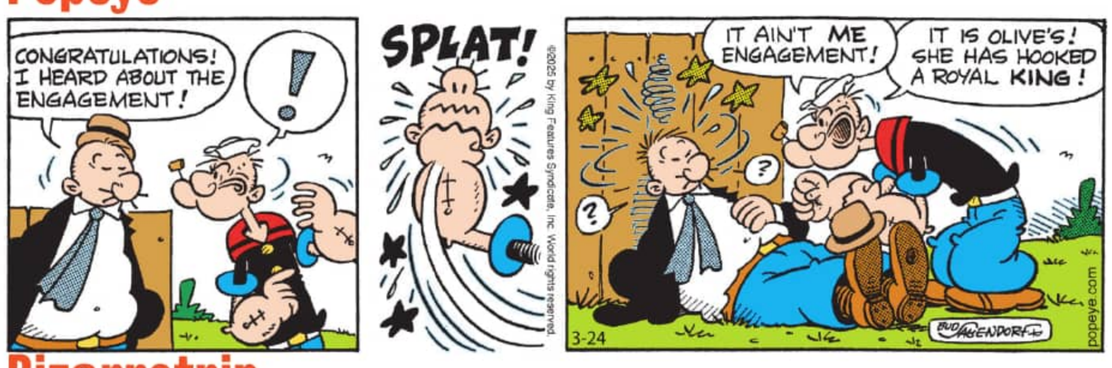


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye


CONGRATULATIONS! I HEARD ABOUT THE ENGAGEMENT!
SPLAT!
IT AIN'T ME ENGAGEMENT!
IT IS OLIVE'S! SHE HAS HOOKED A ROYAL KING!
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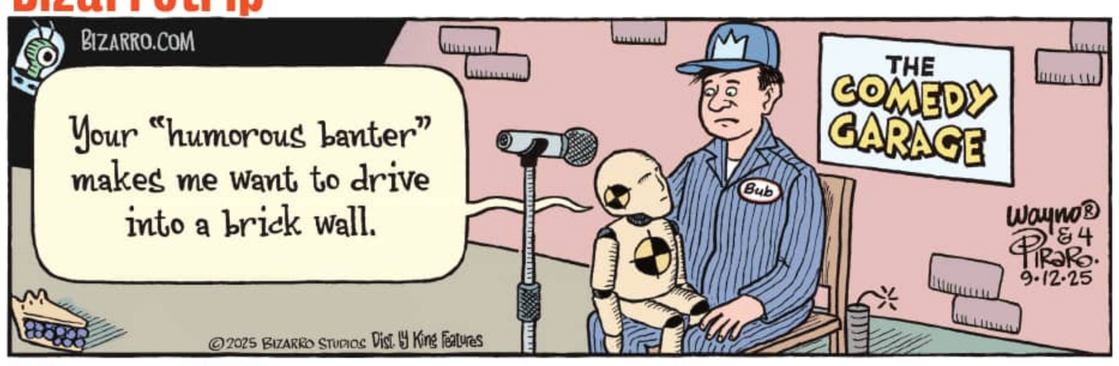
3-24
BUD SAGENDORF
popeye.com

Bizarrotrip


BIZARRO.COM
Your "humorous banter" makes me want to drive into a brick wall.
THE COMEDY GARAGE
Bub
Wayno & Piraro 9·12·25
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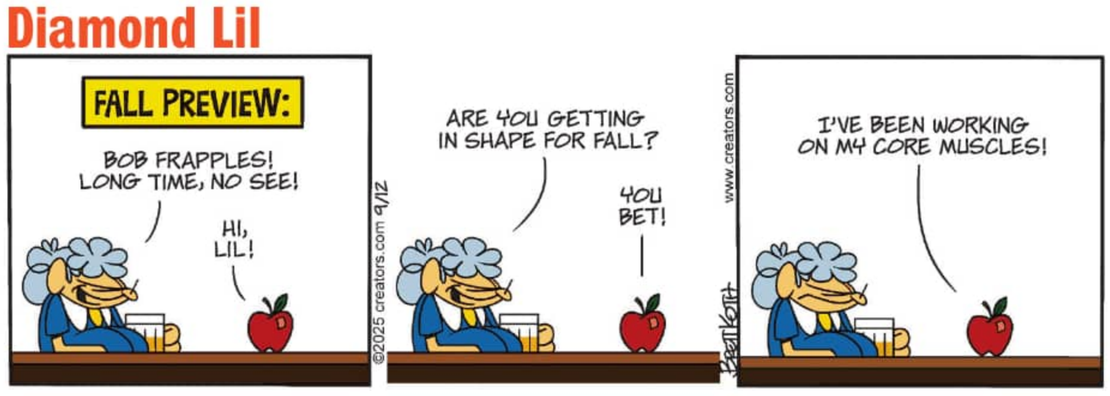
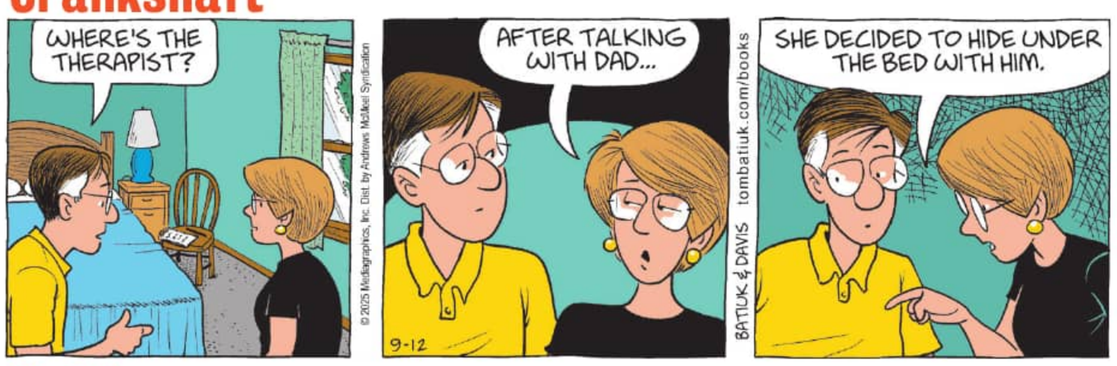
Diamond Lil



Hart of the city

MY FRIEND AT SCHOOL SAYS THAT IN THE WAWA ON ARCH STREET, BEHIND THE COOLERS, THERE'S A SECRET HIDEOUT!
WITH ICE COUCHES, ICE GAMES, ICE DRINKS...
MY FRIEND SAW IT WITH HIS OWN EYES!
DID THIS FRIEND ALSO SELL YOU A BRIDGE?
HEART OF THE CITY © 2025 ANDREWS MCMEEL
@COMICS.COM/HEARTOFTHECITY

Crankshaft


WHERE'S THE THERAPIST?
AFTER TALKING WITH DAD...
SHE DECIDED TO HIDE UNDER THE BED WITH HIM.
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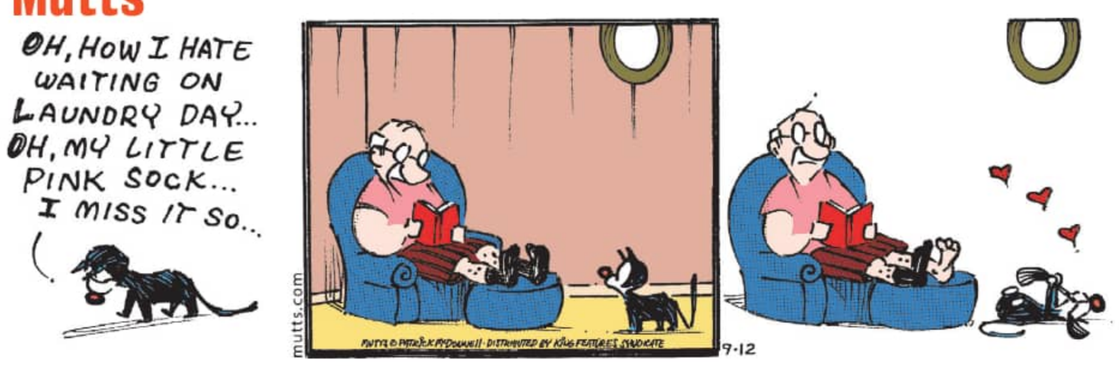
9-12
BATIUK & DAVIS tombatiuk.com/books

Mutts



WRITTEN IN THE STARS

DR SUNDEEP KOCHAR

If it's your birthday today

Your grounded energy is ideal for organising your ambitions today. Review your financial planning and career trajectory. A small, disciplined adjustment made now will yield significant dividends by spring. Avoid scattering your focus on minor details. Instead, concentrate on setting the absolute highest, most achievable standard for the projects you choose to champion.

Aries Mar 21–Apr 20
Stay focused and sharp; rapid questions and tasks demand quick thinking. Communicate clearly but cautiously, measured words protect you. Effcient responsiveness and thoughtful speech will get you through a busy day.

Taurus Apr 21–May 20
Someone who ignored you earlier returns attention, use this chance to improve the connection. Make a positive impression through warmth and openness, turning regained attention into strengthened rapport and mutual understanding.

Gemini May 21–Jun 21
A past memory inspires creativity and productivity, recall fervent motivation from then, apply it now. Let nostalgic energy fuel focused effort, enabling you to accomplish tasks with renewed enthusiasm and purpose today.

Cancer Jun 22–July 23
Frustration fades as your work yields results; recognition boosts confidence. Celebrate achievements but stay grounded and continue consistent effort. Appreciation for your contributions fosters morale and encourages further progress.

Leo Jul 24 – Aug 23
Manage time wisely amid many tasks. Organise your schedule to complete obligations effciently; disciplined planning ensures success. Prioritise and allocate time realistically to meet demands and maintain balance.

Virgo Aug 24–Sep 23
Even if tired, today may be highly productive; complete tasks early to make the most of energy. Prioritise highimpact work first, maximising output before fatigue reduces effectiveness later in the day.

Libra Sep 24–Oct 22
Perceptions can deceive; value what you have instead of overthinking. Meditate on gratitude to shift perspective and appreciate present blessings. Mindful reflection restores calm.

Scorpio Oct 23–Nov 22
If your mind wanders, allow a restorative break without guilt. Resting today replenishes energy and creativity. Return refreshed tomorrow ready to reengage with renewed focus and sustained productivity.

Sagittarius Nov 23–Dec 22
Protect your back and posture today; take care to avoid strain. Use supportive cushions at work, avoid heavy lifting, and practise gentle stretches to prevent discomfort and maintain physical well-being.

Capricorn Dec 23–Jan 20
Speak up, your opinions matter. Share perspectives clearly to avoid being overlooked. Your voice contributes value; assertiveness prevents missed opportunities and encourages healthy collaboration.

Aquarius Jan 21–Feb 19
Pay bills and organise finances to avoid next month's stress. Tackling administrative tasks today creates peace of mind and ensures priorities are managed responsibly, preventing avoidable complications later on.

Pisces Feb 20–Mar 20
Express emotions candidly today; communication prevents misunderstandings. Share feelings with care. Honest conversation deepens connections and opens doors to mutual empathy and support.

www.sundeepkochar.com

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Neha, Bengaluru

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Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
= [√(729/10) - √(484/10)] / √(25/10)
= [√(729) / √(10)} - {√(484) / √(10)}] / √(25) / √(10)
= √(10) x [{√(729) / √(10)} - {√(484) / √(10)}] / √(10) (√(25) / √(10))
= [√(729) - √(484)] / √(25)
= (27-22) / 5 = 5 / 5 =1

BULL'S EYE
peso, pose, posse, POSSESS

FAST FIVE

L	E	E	C	H
I	N	D	R	I
V	A	G	U	S
I	T	E	M	S
D	E	R	B	Y

STRIKE OUT

T	R	E	S	S	E	D		E	O	S	I	N
N		E	N	D		H	O	W			Y	
T	I	T	A	L	I	A	N				N	
O	P	E	N	E	R		C	R	I	S	T	O
A	R	R	T	I		R	E	D		N		N
P	R		R	E	D			N		N		
I	O	N	E	A	R	S		U	M			
S	C	R	A	G		W	P	A	T	E		
O		S			S	K	I		O	S		
D	E	N	I	E	S		I	R	E	F	U	L
N		A	R	T	I	S	A	N			A	
O		N	A	Y		S	T	D			I	
T	R	E	S	S	E	D		E	O	S	I	N

QUICK

		N		D								
	L	I	N	E	A	R						
		P		T		O						
R	E	G	A	N	T	E	D		J	I	G	S
		E		D		S		E			A	
E	K	I	N	G		D	I	G	G	I	N	G
		A			T		L		N			
C	L	I	M	A	T	E		B	I	Z	E	T
		A			E			H			E	
H	U	G	O		B	L	A	S	T	O	F	F
	T		R			N		A				
N	U	N	C	I	O		N	E	W	T	O	N
M		O		C		A		S		C		

MENSA PUZZLE
1. Multiply the numerical value of the left hand letter by the right hand letter to give the central figure.

RIDDLER Parrot

QUOTE UNCODE
If you learn from defeat, you haven't really lost.

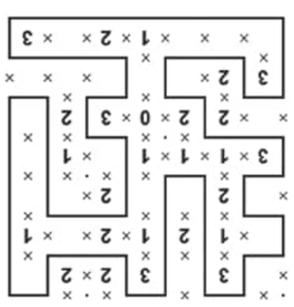
SUDOKU

6	3	8	4	2	5	9	1	7
1	2	9	3	7	6	5	8	4
4	5	7	8	9	1	3	2	6
9	8	4	1	6	7	2	3	5
3	7	1	2	5	8	4	6	9
5	6	2	9	4	3	8	7	1
7	9	6	5	8	2	1	4	3
8	1	5	7	3	4	6	9	2
2	4	3	6	1	9	7	5	8

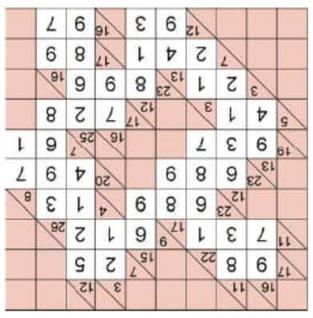
ALPHA TRIANGLE
H, Ah , Has, Cash, Aches, Search, Charges.

GO FIGURE
Easy
4 - 3 - 6 + 9 = 4
Medium
7 - 7 + 8 + 9 = 17
Hard
8 + 2 + 8 - 8 = 10

LOOP



KAKURO



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Loss of a legend— Mollywood actor Dhyan Sreenivasan's 37th birthday turns into heartbreak; Loses father Sreenivasan on same day

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Shivanna's new project

Karunada Chakravarthy Dr Shivarajkumar, fondly known as Shivanna, is considered to be among the most respected figures of the Kannada film industry. His latest movie '45' is scheduled for release on December 25.

The trailer of '45', which was unveiled recently, has been receiving a positive response. Many movie buffs have appreciated the quality of the trailer. Producer Ramesh Reddy is one among them. "I watched the movie and was in awe to see Dr Shivarajkumar's sterling performance in the climax. I want to make it clear that one and only Shivanna can live up to the audiences' expectations. I am of the opinion that no other actor is capable of delivering such a stunning performance," said Reddy.

The producer commended actor Upendra for his acting skills. He added that Raj B Shetty plays a powerful character in the movie, with its climax being incredible.

He also appreciated director Arjun Janya for working with a unique subject that connects with all audiences. "The movie aims to promote our culture and traditions. The movie is rich in every aspect," he said.

Sharing the spotlight

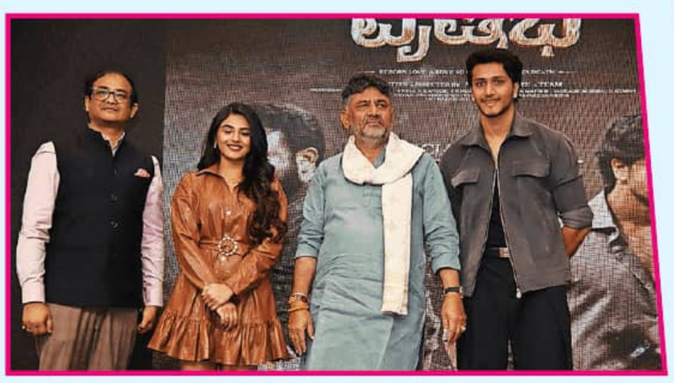
Samarjit Lankesh, who played the lead in Kannada movie 'Gowri', is excited for the release of his latest movie 'Vrusshabha', slated to arrive in theatres on December 25. Samarjit expressed joy at the opportunity to share the screen with veteran actor Mohanlal. The movie is being released in Kannada, Malayalam, Telugu, and other languages.

"I was feeling nervous to face the camera during an action scene. I was hesitating a little bit to participate in the action scene, but it was Mohanlal sir who encouraged and motivated me to face the camera without any fear. Our bonding during the shooting was very good. I am lucky to have this opportunity," said Samarjit.

He said that he could not proficiently speak Malayalam during the shooting. "I want to thank all those, especially the direction team, for helping me to speak Malayalam. I also learnt to speak Telugu. I dubbed my voice for the Kannada version," he said.

Nayana Sarika is paired opposite Samarjit in the movie. "The movie has all elements including romance, family bonding, and action," said Sarika.

The movie is directed by Nanda Kishore and supported by Ektaa Kapoor, Shobha Kapoor, and Abhishek S Vyas. The movie also features Kishore Kumar, Neha Saxena, Ragini Dwivedi, and Ali.



Getting comfortable with being vulnerable

Zeenat Aman shares her experience of embracing vulnerability, all thanks to her director's creative vision

Veteran actress Zeenat Aman has opened up about her latest photoshoot, describing it as a transformative experience that encouraged her to embrace vulnerability. In her post on Instagram, she revealed how the creative vision of the team helped her step out of her comfort zone. On Monday, Zeenat Aman shared a few stunning photos from her shoot and revealed that she doesn't take her glasses off for many people, but she did so for this enchanting photoshoot.

The 'Satyam Shivam Sundaram' actress wrote, "I don't take my glasses off for many people, but I did it for Dulari. When the director has a compelling vision I am less conscious of mine. This photo shoot insisted on vulnerability. They fastened my hair away from my face, packed away my glasses in a padded case, and walked me into a garden of abstracted, handcrafted floral dreams."

"I like my clothes to hold my story, and for my pictures to tell a story. These fabrics and cuts - so neat, comfortable, elegant. These images - so evocative. Of what? I suppose it will vary from viewer to viewer, each will interpret this project through the lens of their own experiences and memories. Truly, an enchanting photo shoot with ethereal results. Not to my credit, no. But to the credit of the team." In the photos, Zeenat can be seen striking poses with elegance and style. —ETimes

'Why does this smell like farts?'

Priyanka Chopra recently revealed what happened after her American husband, Nick Jonas, ate Hajmola. The actress stated that even after she asked him to stay away from the stuff, his curiosity led him to having one of them. PeeCee shared her singer hubby had a funny reaction to the same.

Priyanka Chopra recently appeared on 'The Great Indian Kapil Show Season 4'. On the episode, the actress had a candid and fun conversation with the host, Kapil Sharma. During the interaction, she revealed that once her husband, Nick Jonas, had the digestive tablet out of curiosity.

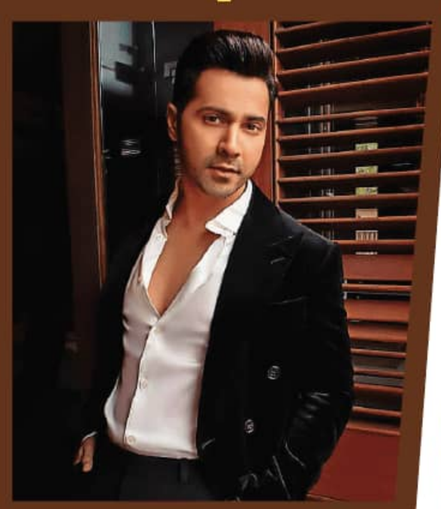
The actress then elaborated on the entire episode. She said, "So I have a drawer that has aam papad, Hajmola—lots of tangy, chatpata things that we commonly have at home. Nick asks what's in this drawer. I tell him to stay a little away from it; it's slightly beyond his understanding." She further added, "But one day, he really wanted to know everything… so I made him try Hajmola."

Priyanka then revealed how Nick Jonas reacted after having the digestive tablet. She said, "He is like, 'Why does this smell like farts?'" —ETimes

'Luka Chuppi 2' hits pause

The much-awaited sequel 'Luka Chuppi 2' has hit a pause. The romantic comedy, starring Varun Dhawan and Sharvari, was earlier expected to move into pre-production in early 2026. However, as reported by Mid Day, the film has now been pushed back by nearly six to eight months. The delay comes at a time when fans were hoping for a quick update on the sequel to the 2019 hit Luka Chuppi.

Reports say that the main reason behind the delay is director Laxman Utekar's tight work calendar.



For now, 'Luka Chuppi 2' remains in the planning stage. A final decision on the story and timeline is expected to be taken by late 2026. —ETimes

Ananya Panday's take on fitness

Ananya Panday has been steadily winning appreciation for the kind of projects she has been choosing lately. The actress is gearing up for her next release, 'Tu Meri Main Tera Main Tera Tu Meri', and is currently busy promoting the film. During a recent interaction, Ananya opened up about body positivity and her personal approach towards it.

In an interview with Brut India, the actress shared that she has always spoken openly about self-acceptance and confidence. She said, "I have always been very, very vocal about the fact that we have to have a very strong sense of self and be confident in whatever shape and size we are. As a girl, you go through so many changes in your body. It's like every month, you have your periods and you feel bloated. There are so many different phases we go through, so I have always been open about it."

Talking about fitness and physical transformation for roles, Ananya explained that she follows a strict routine only when required for a film. She said, "When it comes to the film Tu Meri Main Tera, everyone's like, 'Oh, you look so fit,' and I'm like, 'Yeah, I worked for it. It's not like I am naturally like that.' I had to follow a very strict diet, and I was working out every single day. Now I don't have to be a certain way for a role, so I'm enjoying my food." —ETimes